

CONTROVERSIAL CARBOHYDRATES

***127 million adult Americans are overweight, 60 million are obese, and 9 million are severely obese.**

***Nearly ½ the American adult population is on a diet**

***Each year Americans spend more than 30 billion on weight-loss products- often gimmicks that don't work!**

If you're one of these 58 million who wants to lose weight, you might be tempted to try just about anything. But before you do, consider this: The low-carb solution is a myth. Just like the fat free revolution a decade ago. National surveys show that virtually every American gets adequate amounts of protein but, that we are not getting enough carb-containing fruits, vegetables, and whole grains to reduce risk of chronic diseases like cancer and heart disease.

The solution to permanent weight loss is moderation – with carb, protein and fat. Remember, calories count! If you eat more calories than you burn, your body has no choice but to store the extra as fat, regardless of whether those calories are carbohydrate, protein or fat.

Successful Solutions:

- Focus on healthy nutrition, not on “dieting.” Dieting usually lasts for only the short term and rarely produces long term success. Choose foods based on nutrition. Is the food a good source of vitamins, minerals and fiber?
- There is no such thing as a “forbidden” food. Balance food choices, develop strategies for eating favorite foods in reasonable amounts, and find healthier substitutes for foods that satisfy your taste preferences.
- Decrease fat intake. To keep most products less than 30% of calories from fat: Allow up to 3 grams of total fat per every 100 calories.
- Eat three meals and between meal snacks to control your appetite and food choices. Consume some protein, carbohydrate and fat at each meal.
- Increase intake of fiber – **GOAL: 25 – 35 grams of fiber per day.** Choose fresh fruits, vegetables and whole-grain breads and cereals.
- Develop strategies to overcome eating in response to your emotions, habits, or boredom. Go for a walk, call a friend, stock your kitchen with low-fat snacks, or keep busy!
- **EXERCISE!** Exercise moderately and consistently to boost metabolism and burn body fat. **GOAL: 30 minutes of aerobic activity, 5-7 days per week.**
****Contact your physician before beginning an exercise program.**